

| Slanker's Grass-Fed Meats | | http://www.texasgrassfedbeef.com/gi_and_omega_3_nutritional_food_data.htm | | | | | | goodmeat@slanker.com 866-752-6537 or 866-SLANKER | | Page 1 | |
|----------------------------------|----------------|---------------------------------------------------------------------------|-------------|-------------|-------------------------------|--------------|----------------|--------------------------------------------------|-----------------------|---------------|--|
| Vegetables | Glycemic Index | Glycemic Load in 4 Ozs. | 4 Oz Serv. | 4 Oz Serv. | 4 Oz. Serv. | Inflammation | | Percent Nutrient Load | Percent Omega-3 Ratio | 6 to | |
| | | | Omega-6 Mg | Omega-3 Mg | Mg of Omega-3 Surplus/Deficit | + is Good | Percent Sugars | | | | |
| Artichokes, Globe | 20 | 3 | 178.2 | 66.9 | -111.3 | +3 | 0.8% | 92% | 2.66 | : 1.00 | |
| Asparagus | 15 | 2 | 86.2 | 32.9 | -53.3 | +51 | 2.2% | 100% | 2.62 | : 1.00 | |
| Bamboo shoots, raw | 20 | 4 | 129.2 | 22.7 | -106.5 | -15 | 3.3% | 92% | 5.69 | : 1.00 | |
| Beet Greens | 20 | 1 | 46.5 | 4.5 | -42.0 | +196 | 0.0% | 100% | 10.33 | : 1.00 | |
| Beets (Boiled) | 64 | 5 | 65.8 | 5.7 | -60.1 | -11 | 6.6% | 74% | 11.54 | : 1.00 | |
| Cabbage, Chinese (pak-choi) | 10 | 1 | 47.7 | 62.4 | 14.7 | +102 | 1.2% | 100% | 0.76 | : 1.00 | |
| Broccoli Flower | 15 | 3 | 43.1 | 146.3 | 103.2 | +37 | 0.0% | 100% | 0.29 | : 1.00 | |
| Broccoli Stalks | 15 | 4 | 43.1 | 146.2 | 103.1 | +38 | 0.0% | 100% | 0.29 | : 1.00 | |
| Brussel Sprouts | 15 | 3 | 51.0 | 112.3 | 61.3 | +79 | 2.0% | 100% | 0.45 | : 1.00 | |
| Cabbage, savoy, boiled | 15 | 2 | 20.4 | 26.1 | 5.7 | +1 | 2.0% | 100% | 0.78 | : 1.00 | |
| Carrots (raw) | 47 | 3 | 130.2 | 2.3 | -127.9 | +185 | 4.7% | 84% | 56.61 | : 1.00 | |
| Carrot Juice | 45 | 4 | 69.2 | 10.2 | -59.0 | +204 | 3.8% | 86% | 6.78 | : 1.00 | |
| Cauliflower | 15 | 3 | 12.5 | 42.0 | 29.5 | +20 | 2.4% | 90% | 0.30 | : 1.00 | |
| Celery (raw) | 0 | 1 | 89.6 | 0.0 | -89.6 | +14 | 1.8% | 90% | 1.00 | : 0 | |
| Collards | 20 | 2 | 93.0 | 122.5 | 29.5 | +244 | 0.0% | 100% | 0.76 | : 1.00 | |
| Cucumber (Peeled) | 15 | 1 | 2.3 | 2.3 | 0.0 | +3 | 1.5% | 84% | 1.00 | : 1.00 | |
| Cucumber (w/skin) | 15 | 1 | 31.8 | 5.7 | -26.1 | -1 | 1.7% | 92% | 5.58 | : 1.00 | |
| Eggplant (Boiled) | 15 | 2 | 88.4 | 17.0 | -71.4 | -14 | 3.0% | 68% | 5.20 | : 1.00 | |
| Garlic | 30 | 18 | 259.3 | 22.7 | -236.6 | +4055 | 0.7% | 92% | 11.42 | : 1.00 | |
| Green Peppers (Sweet) | 15 | 2 | 61.3 | 9.1 | -52.2 | +36 | 2.7% | 100% | 6.74 | : 1.00 | |
| Kale | 15 | 5 | 156.5 | 204.1 | 47.6 | +435 | 0.0% | 100% | 0.77 | : 1.00 | |
| Kohlrabi, cooked, boiled | | 3 | 24.9 | 31.8 | 6.9 | +6 | 3.0% | 86% | 0.78 | : 1.00 | |
| Leeks | 15 | 6 | 75.9 | 112.3 | 36.4 | +11 | 4.0% | 100% | 0.68 | : 1.00 | |
| Lettuce (Iceberg) | 10 | 1 | 23.8 | 58.9 | 35.1 | +11 | 2.0% | 98% | 0.40 | : 1.00 | |
| Lettuce (Romaine) | 10 | 1 | 53.3 | 128.1 | 74.8 | +182 | 1.0% | 100% | 0.42 | : 1.00 | |
| Mint (Spearmint) | | 2 | 61.2 | 383.3 | 322.1 | +25 | 0.0% | 100% | 0.16 | : 1.00 | |
| Mustard Greens | | 2 | 22.7 | 20.4 | -2.3 | +327 | 2.0% | 100% | 1.11 | : 1.00 | |
| Onions | 15 | 3 | 17.4 | 4.5 | -12.9 | +265 | 4.4% | 70% | 3.87 | : 1.00 | |
| Okra (raw) | 15 | 3 | 29.5 | 1.1 | -28.4 | +27 | 1.0% | 100% | 26.82 | : 1.00 | |
| Parsley | 5 | 3 | 130.4 | 9.1 | -121.3 | +569 | 1.0% | 100% | 14.33 | : 1.00 | |
| Parsnips | 97 | 6 | 46.5 | 3.4 | -43.1 | -14 | 4.5% | 78% | 13.68 | : 1.00 | |
| Pickles (Dill) | 15 | 1 | 27.2 | 36.3 | 9.1 | +6 | 1.3% | 82% | 0.75 | : 1.00 | |
| Pickle (Relish, Sweet) | | 16 | 67.1 | 71.3 | 4.2 | -82 | 29.0% | 34% | 0.94 | : 1.00 | |
| Pickles (Sweet) | | 15 | 52.2 | 68.0 | 15.8 | -82 | 26.9% | 46% | 0.77 | : 1.00 | |
| Potatoes, Russet (baked) | 75 | 11 | 36.3 | 11.3 | -25.0 | -67 | 1.0% | 80% | 3.21 | : 1.00 | |
| Pumpkin (Boiled) | 75 | 2 | 2.3 | 2.3 | 0.0 | +44 | 0.8% | 100% | 1.00 | : 1.00 | |
| Rapini (Broccoli) raw | 10 | 0 | 19.3 | 128.1 | 108.8 | +120 | 0.0% | 100% | 0.15 | : 1.00 | |
| Radish | | 1 | 19.3 | 35.2 | 15.9 | +8 | 1.7% | 82% | 0.55 | : 1.00 | |
| Red Peppers (Sweet) | 15 | 2 | 51.0 | 28.3 | -22.7 | +96 | 4.0% | 94% | 1.80 | : 1.00 | |
| Rutabagas (Boiled) | 72 | 4 | 43.1 | 64.7 | 21.6 | -11 | 5.8% | 84% | 0.67 | : 1.00 | |
| Squash, Acorn (Baked) | 50 | 4 | 24.9 | 42.0 | 17.1 | -22 | 0.0% | 100% | 0.59 | : 1.00 | |
| Squash, Butternut (Baked) | 50 | 4 | 15.9 | 27.2 | 11.3 | +91 | 2.1% | 90% | 0.58 | : 1.00 | |
| Squash, Hubbard (Baked) | 50 | 6 | 110.1 | 183.7 | 73.6 | -32 | 0.0% | 90% | 0.60 | : 1.00 | |
| Squash (Spaghetti) | 20 | 2 | 53.3 | 88.5 | 35.2 | -6 | 2.6% | 88% | 0.60 | : 1.00 | |
| Squash, Zucchini w/skin (Boiled) | 10 | 2 | 9.1 | 14.7 | 5.6 | +16 | 1.7% | 100% | 0.62 | : 1.00 | |
| Spinach | 15 | 2 | 29.5 | 156.4 | 126.9 | +293 | 0.3% | 100% | 0.19 | : 1.00 | |
| Sweet Potato (Baked) | 54 | 10 | 68.0 | 4.5 | -63.5 | +214 | 6.5% | 90% | 15.11 | : 1.00 | |
| Turnips (Boiled) | 30 | 2 | 10.2 | 36.3 | 26.1 | -2 | 3.2% | 80% | 0.28 | : 1.00 | |
| Turnip Greens (Boiled) | 10 | 1 | 31.7 | 72.5 | 40.8 | +227 | 0.7% | 100% | 0.44 | : 1.00 | |
| Watercress | 10 | 1 | 13.6 | 26.1 | 12.5 | +120 | 0.0% | 100% | 0.52 | : 1.00 | |
| Vegetable Averages | 27 | 4 | 57.5 | 58.3 | 0.8 | Good | 3.0% | 90.3% | 0.99 | : 1.00 | |

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|-------------------------------|----------------|---------------------------------------------------------------------------|-----------------------|-----------------------|-------------------------------------------|----------------|----------------|--------------------------------------------------|--------------------------|---------------|--|
| Fruit | Glycemic Index | Glycemic Load in 4 Ozs. | 4 Oz Serv. Omega-6 Mg | 4 Oz Serv. Omega-3 Mg | 4 Oz. Serv. Mg of Omega-3 Surplus/Deficit | Inflammation | | Percent Nutrient Load | Omega-6 to Omega-3 Ratio | | |
| | | | | | | + is Good | Percent Sugars | | - is Bad | Percent | |
| Apple with Skin | 38 | 3 | 48.8 | 10.2 | -38.6 | -19 | 10.0% | 54% | 4.78 | : 1.00 | |
| Apple without Skin | 38 | 3 | 35.2 | 7.9 | -27.3 | -20 | 10.2% | 48% | 4.46 | : 1.00 | |
| Apple Juice, unsweetened | 41 | 3 | 37.4 | 7.9 | -29.5 | -20 | 10.0% | 32% | 4.73 | : 1.00 | |
| Applesauce, no sugar | 35 | 2 | 13.6 | 3.4 | -10.2 | -14 | 9.4% | 46% | 4.00 | : 1.00 | |
| Apricots | 20 | 4 | 87.3 | 0.0 | -87.3 | +3 | 9.0% | 82% | 1.00 | : 0 | |
| Avocado | 5 | 2 | 1,916.0 | 124.7 | -1,791.3 | +88 | 0.9% | 70% | 15.36 | : 1.00 | |
| Banana | 62 | 9 | 51.9 | 30.6 | -21.3 | -58 | 12.4% | 56% | 1.70 | : 1.00 | |
| Blackberries | 32 | 3 | 211.1 | 106.3 | -104.8 | +5 | 4.9% | 92% | 1.99 | : 1.00 | |
| Blueberries | 40 | 5 | 99.6 | 65.7 | -33.9 | -21 | 10.0% | 62% | 1.52 | : 1.00 | |
| Cantaloupe | 65 | 3 | 39.6 | 52.2 | 12.6 | +49 | 7.9% | 78% | 0.76 | : 1.00 | |
| Cranberries | 25 | 2 | 37.4 | 24.9 | -12.5 | -4 | 3.6% | 66% | 1.50 | : 1.00 | |
| Cranberry Juice, unsweetened | 56 | 4 | 47.5 | 31.7 | -15.8 | -20 | 12.3% | 48% | 1.50 | : 1.00 | |
| Cherries (Sweet) | 22 | 6 | 30.6 | 29.5 | -1.1 | -38 | 13.0% | 62% | 1.04 | : 1.00 | |
| Dates (Deglet Noor) | 103 | 44 | 18.1 | 3.4 | -14.7 | -321 | 63.3% | 40% | 5.32 | : 1.00 | |
| Figs (Dried) | 61 | 33 | 391.2 | 0.0 | -391.2 | -245 | 47.7% | 54% | 1.00 | : 0 | |
| Grapefruit | 25 | 2 | 21.5 | 5.7 | -15.9 | +15 | 7.0% | 76% | 3.80 | : 1.00 | |
| Grapefruit Juice, unsweetened | 48 | 3 | 20.4 | 5.7 | -14.7 | -6 | 8.9% | 48% | 3.58 | : 1.00 | |
| Grapes, American Type | 43 | 7 | 89.6 | 27.2 | -62.4 | -41 | 16.0% | 56% | 3.29 | : 1.00 | |
| Honeydew Melon | 60 | 3 | 29.5 | 37.4 | 7.9 | -4 | 8.1% | 62% | 0.79 | : 1.00 | |
| Kiwi | 52 | 5 | 278.7 | 47.6 | -231.1 | +22 | 9.0% | 80% | 5.86 | : 1.00 | |
| Lemon | 20 | 2 | 71.7 | 29.5 | -42.2 | +10 | 2.4% | 84% | 2.43 | : 1.00 | |
| Lime | | 2 | 40.8 | 21.5 | -19.3 | +3 | 2.0% | 90% | 1.90 | : 1.00 | |
| Mango | 55 | 6 | 15.9 | 42.0 | 26.1 | -10 | 14.5% | 68% | 0.38 | : 1.00 | |
| Orange | 43 | 4 | 20.4 | 7.9 | -12.5 | +6 | 9.4% | 78% | 2.58 | : 1.00 | |
| Orange Juice | 52 | 4 | 32.9 | 12.5 | -20.4 | +1 | 8.5% | 62% | 2.63 | : 1.00 | |
| Olive (Green) | 15 | 1 | 1,377.8 | 104.3 | -1,273.5 | +99 | 1.0% | 40% | 13.21 | : 1.00 | |
| Olive (Ripe) | 15 | 1 | 960.5 | 72.6 | -887.9 | +62 | 0.0% | 58% | 13.23 | : 1.00 | |
| Papaya | 58 | 3 | 6.8 | 28.3 | 21.5 | +27 | 6.1% | 78% | 0.24 | : 1.00 | |
| Peach | 42 | 3 | 95.3 | 2.3 | -93.0 | -16 | 8.4% | 78% | 41.43 | : 1.00 | |
| Peaches, canned syrup drained | 55 | 7 | 23.8 | 0.0 | -23.8 | -40 | 17.6% | 60% | 1.00 | : 0 | |
| Pear, Asian | 36 | 2 | 61.3 | 1.1 | -60.2 | -10 | 7.4% | 54% | 55.73 | : 1.00 | |
| Pineapple | 66 | 4 | 26.1 | 19.3 | -6.8 | +45 | 9.8% | 66% | 1.35 | : 1.00 | |
| Pineapple Juice, unsweetened | 46 | 5 | 27.2 | 20.4 | -6.8 | -23 | 10.0% | 52% | 1.33 | : 1.00 | |
| Plum | 24 | 3 | 49.9 | 0.0 | -49.9 | -14 | 9.7% | 70% | 1.00 | : 0 | |
| Pomegranate juice | 67 | 4 | 56.5 | 0.0 | -56.5 | -21 | 12.9% | 32% | 1.00 | : 0 | |
| Pomegranates, raw | 35 | 7 | 89.7 | 0.0 | -89.7 | -35 | 13.8% | 62% | 1.00 | : 0 | |
| Raisins, golden seedless | 64 | 52 | 118.2 | 35.2 | -83.0 | -384 | 59.4% | 44% | 3.36 | : 1.00 | |
| Raspberries | 32 | 3 | 282.4 | 142.8 | -139.6 | +1 | 4.5% | 80% | 1.98 | : 1.00 | |
| Strawberries | 32 | 2 | 102.0 | 73.7 | -28.3 | +21 | 4.8% | 78% | 1.38 | : 1.00 | |
| Tomato | 38 | 2 | 90.6 | 3.4 | -87.2 | +11 | 2.7% | 98% | 26.65 | : 1.00 | |
| Watermelon | 72 | 2 | 56.7 | 0.0 | -56.7 | -5 | 6.2% | 76% | 1.00 | : 0 | |
| Fruit Averages | 43 | 6 | 173.5 | 30.2 | -143.2 | Neutral | 11.8% | 63.9% | 5.74 | : 1.00 | |

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| | | | | | | | | Page 3 | | |
| Grains | Glycemic | Glycemic Load | 4 Oz Serv. Omega-6 | 4 Oz Serv. Omega-3 | 4 Oz. Serv. Mg of Omega-3 | Inflammation | Percent Sugars | Percent Nutrient | Omega-6 to Omega-3 | 6 to |
| | Index | in 4 Ozs. | Mg | Mg | Surplus/Deficit | + is Good - is Bad | | Load | Ratio | |
| Amaranth | 75 | 44 | 3,102.9 | 47.7 | -3,055.2 | -308 | 1.6% | 78% | 65.05 | : 1.00 |
| Barley (Hulled) | 45 | 40 | 1,132.8 | 124.5 | -1,008.3 | -258 | 0.5% | 72% | 9.10 | : 1.00 |
| Buckwheat | 50 | 42 | 1,090.0 | 88.7 | -1,001.3 | -299 | 2.5% | 70% | 12.29 | : 1.00 |
| Corn | 65 | 51 | 2,378.0 | 73.8 | -2,304.2 | -370 | 0.6% | 62% | 32.22 | : 1.00 |
| Corn Grits, unenriched, dry | 70 | 65 | 569.2 | 17.0 | -552.2 | -478 | 0.6% | 42% | 33.48 | : 1.00 |
| Cornstarch | 70 | 77 | 28.4 | 0.0 | -28.4 | -573 | 0.0% | 36% | 1.00 | : 0 |
| Millet | 70 | 50 | 2,285.0 | 133.8 | -2,151.2 | -368 | 0.0% | 62% | 17.08 | : 1.00 |
| Oats | 40 | 41 | 2,748.5 | 125.8 | -2,622.7 | -298 | | 70% | 21.85 | : 1.00 |
| Rice (brown) | 50 | 60 | 1,134.0 | 49.9 | -1,084.1 | -420 | 1.1% | 56% | 22.73 | : 1.00 |
| Rice flour (brown) | 50 | 58 | 1,081.6 | 47.7 | -1,033.9 | -426 | 0.6% | 58% | 22.68 | : 1.00 |
| Rice (white) | 70 | 67 | 145.4 | 30.6 | -114.8 | -498 | | 42% | 4.75 | : 1.00 |
| Rye | 39 | 38 | 1,086.4 | 177.8 | -908.6 | -228 | 1.2% | 74% | 6.11 | : 1.00 |
| Sorghum | 77 | 53 | 1,479.5 | 73.8 | -1,405.7 | | | 58% | 20.05 | : 1.00 |
| Spelt | 70 | 42 | 1,353.0 | 73.6 | -1,279.4 | -289 | 6.9% | 66% | 18.38 | : 1.00 |
| Sprouted Wheat | 15 | 25 | 601.7 | 29.5 | -572.2 | -143 | | 66% | 20.40 | : 1.00 |
| Sweet Corn | 57 | 8 | 614.9 | 18.1 | -596.8 | -50 | 3.2% | 78% | 33.97 | : 1.00 |
| Quinoa | 53 | 41 | 3,376.0 | 348.2 | -3,027.8 | -251 | | 72% | 9.70 | : 1.00 |
| Wheat, hard red winter | 48 | 40 | 680.4 | 30.6 | -649.8 | -223 | 0.5% | 70% | 22.24 | : 1.00 |
| Grain Averages | 56 | 47 | 1,382.7 | 82.8 | -1,299.8 | Bad | 1.5% | 62.9% | 16.69 | : 1.00 |
| Legumes | Glycemic | Glycemic Load | 4 Oz Serv. Omega-6 | 4 Oz Serv. Omega-3 | 4 Oz. Serv. Mg of Omega-3 | Inflammation | Percent Sugars | Percent Nutrient | Omega-6 to Omega-3 | 6 to |
| | Index | in 4 Ozs. | Mg | Mg | Surplus/Deficit | + is Good - is Bad | | Load | Ratio | |
| Beans (Navy, boiled) | 30 | 9 | 154.5 | 200.6 | 46.1 | -30 | 0.5% | 86% | 0.77 | : 1.00 |
| Beans (Pinto, boiled) | 39 | 10 | 111.4 | 155.2 | 43.8 | -27 | 0.6% | 82% | 0.72 | : 1.00 |
| Beans (Black, boiled) | 30 | 9 | 143.1 | 119.3 | -23.8 | -30 | 0.0% | 82% | 1.20 | : 1.00 |
| Chickpeas (garbanzo beans) | 28 | 12 | 1,261.9 | 48.7 | -1,213.2 | -48 | 4.9% | 76% | 25.91 | : 1.00 |
| Edamame (prepared) | 18 | 4 | 2,034.6 | 409.7 | -1,624.9 | +47 | 1.9% | 90% | 4.97 | : 1.00 |
| Green Beans (boiled) | 30 | 4 | 63.5 | 100.7 | 37.2 | +4 | 1.6% | 100% | 0.63 | : 1.00 |
| Green Peas (boiled) | 48 | 6 | 92.8 | 21.5 | -71.3 | -4 | 5.6% | 92% | 4.32 | : 1.00 |
| Kidney Beans (boiled) | 25 | 10 | 122.4 | 192.8 | 70.4 | -35 | 0.6% | 84% | 0.63 | : 1.00 |
| Lentils (boiled) | 37 | 8 | 155.2 | 42.0 | -113.2 | -9 | 2.0% | 82% | 3.70 | : 1.00 |
| Lima Beans (boiled) | 32 | 9 | 133.9 | 59.0 | -74.9 | -37 | 2.7% | 76% | 2.27 | : 1.00 |
| Refried Beans | 40 | 6 | 229.2 | 146.3 | -82.9 | -34 | 0.4% | 80% | 1.57 | : 1.00 |
| Peanuts (dry roasted) | 14 | 0 | 17,793.7 | 3.4 | -17,790.3 | +78 | 4.1% | 52% | 5,233.44 | : 1.00 |
| Peanut Butter (smooth) | 23 | 3 | 12,793.1 | 58.0 | -12,735.1 | +44 | 6.6% | 40% | 220.57 | : 1.00 |
| Soybeans (boiled) | 25 | 4 | 5,064.1 | 678.4 | -4,385.7 | -29 | 2.9% | 82% | 7.46 | : 1.00 |
| Split Peas (boiled) | 45 | 8 | 155.6 | 31.8 | -123.8 | -39 | 3.1% | 72% | 4.89 | : 1.00 |
| Legumes Averages | 30.9 | 6.8 | 2,687.3 | 151.2 | -2,536.1 | Neutral | 2.5% | 78.4% | 17.78 | : 1.00 |
| Seeds | Glycemic | Glycemic Load | 4 Oz Serv. Omega-6 | 4 Oz Serv. Omega-3 | 4 Oz. Serv. Mg of Omega-3 | Inflammation | Percent Sugars | Percent Nutrient | Omega-6 to Omega-3 | 6 to |
| | Index | in 4 Ozs. | Mg | Mg | Surplus/Deficit | + is Good - is Bad | | Load | Ratio | |
| Breadfruit Seeds | | 15 | 2,596.9 | 779.1 | -1,817.8 | -110 | | 82% | 3.33 | : 1.00 |
| Chia Seeds | 1 | 2 | 6,560.2 | 19,904.0 | 13,343.8 | +314 | | 68% | 0.33 | : 1.00 |
| Cottonseed (kernels) | | 7 | 20,259.0 | 78.4 | -20,180.6 | -202 | | 68% | 258.41 | : 1.00 |
| Flaxseed Seeds | 5 | 0 | 6,703.4 | 25,869.4 | 19,166.0 | +556 | 1.8% | 76% | 0.26 | : 1.00 |
| Mustard Seed | | 10 | 2,937.1 | 3,039.1 | 102.0 | +327 | 7.0% | 84% | 0.97 | : 1.00 |
| Pumpkin Seed (kernels) | 25 | 2 | 27,618.6 | 241.7 | -27,376.9 | -117 | 0.7% | 64% | 114.27 | : 1.00 |
| Safflower Seed (kernels) | | 18 | 31,846.1 | 125.9 | -31,720.2 | -383 | | 56% | 252.95 | : 1.00 |
| Sesame Seeds | 35 | 0 | 24,236.1 | 426.0 | -23,810.1 | -41 | 0.0% | 76% | 56.89 | : 1.00 |
| Sunflower Seeds (kernels) | 18 | 0 | 26,137.1 | 84.2 | -26,052.9 | +43 | 2.9% | 66% | 310.42 | : 1.00 |
| Watermelon Seed (kernels) | | 2 | 31,856.0 | 0.0 | -31,856.0 | N/A | | 50% | 1.00 | : 0 |
| Seed Averages | 17 | 6 | 18,075.1 | 5,054.8 | -13,020.3 | Neutral | 2.5% | 69.0% | 3.58 | : 1.00 |

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| Oils | Glycemic Index | Glycemic Load | 4 Oz Serv. Omega-6 | 4 Oz Serv. Omega-3 | 4 Oz. Serv. Mg of Omega-3 | Inflammation + is Good | Percent Sugars | Percent Nutrient | Omega-6 to Omega-3 Ratio | |
| | | in 4 Ozs. | Mg | Mg | Surplus/Deficit | - is Bad | | Load | | |
| Almond Oil | | 0 | 19,732.6 | 0.0 | -19,732.6 | +521 | 0.0% | 30% | 1.00 : 0 | |
| Avocado Oil | | 0 | 14,210.4 | 1,085.1 | -13,125.3 | +549 | 0.0% | 28% | 13.10 : 1.00 | |
| Canola Oil | | 0 | 21,272.9 | 8,659.0 | -12,613.9 | +570 | 0.0% | 32% | 2.46 : 1.00 | |
| Coconut Oil | | 0 | 2,040.7 | 0.0 | -2,040.7 | -935 | 0.0% | 22% | 1.00 : 0 | |
| Corn Oil | | 0 | 60,679.9 | 1,316.6 | -59,363.3 | -411 | 0.0% | 28% | 46.09 : 1.00 | |
| Fish Oil (cod liver) | | 0 | 1,060.1 | 22,380.4 | 21,320.3 | +8,603 | 0.0% | 26% | 0.05 : 1.00 | |
| Fish Oil (herring) | | 0 | 1,303.1 | 13,450.9 | 12,147.8 | +5,578 | 0.0% | 12% | 0.10 : 1.00 | |
| Fish Oil (sardine) | | 0 | 2,283.6 | 27,321.6 | 25,038.0 | +8,977 | 0.0% | 12% | 0.08 : 1.00 | |
| Fish Oil (salmon) | | 0 | 1,749.9 | 40,042.2 | 38,292.3 | +15,753 | 0.0% | 12% | 0.04 : 1.00 | |
| Flaxseed Oil | | 0 | 14,403.4 | 60,446.4 | 46,043.0 | +1,195 | 0.0% | 30% | 0.24 : 1.00 | |
| Olive Oil | | 0 | 11,071.2 | 863.1 | -10,208.1 | +597 | 0.0% | 28% | 12.83 : 1.00 | |
| Palm Oil | | 0 | 10,319.4 | 226.8 | -10,092.6 | -229 | 0.0% | 24% | 45.50 : 1.00 | |
| Peanut Oil | | 0 | 36,293.8 | 0.0 | -36,293.8 | -24 | 0.0% | 26% | 1.00 : 0 | |
| Soybean Oil | | 0 | 57,179.1 | 7,698.7 | -49,480.4 | -304 | 0.0% | 28% | 7.43 : 1.00 | |
| Sunflower, high oleic (70%+) | | 0 | 4,088.6 | 218.0 | -3,870.6 | +820 | 0.0% | 30% | 18.76 : 1.00 | |
| Sunflower, linoleic (65%) | | 0 | 74,506.4 | 0.0 | -74,506.4 | -622 | 0.0% | 30% | 1.00 : 0 | |
| Walnut Oil | | 0 | 59,982.4 | 11,794.6 | -48,187.8 | -205 | 0.0% | 30% | 5.09 : 1.00 | |
| Oil Averages | 0 | 0 | 23,069.3 | 11,500.2 | -11,569.1 | Neutral | 0.0% | 25.2% | 2.01 : 1.00 | |
| Spices | Glycemic Index | Glycemic Load | 4 Oz Serv. Omega-6 | 4 Oz Serv. Omega-3 | 4 Oz. Serv. Mg of Omega-3 | Inflammation + is Good | Percent Sugars | Percent Nutrient | Omega-6 to Omega-3 Ratio | |
| | | in 4 Ozs. | Mg | Mg | Surplus/Deficit | - is Bad | | Load | | |
| Cinnamon | | 11 | 49.9 | 12.5 | -37.4 | -62 | 2.0% | 92% | 3.99 : 1.00 | |
| Mustard (Prepared) | 35 | 2 | 516.0 | 553.3 | 37.3 | +51 | 0.8% | 74% | 0.93 : 1.00 | |
| Pepper (Black) | 15 | 19 | 1,100.0 | 181.4 | -918.6 | -86 | 1.0% | 100% | 6.06 : 1.00 | |
| Sage | | 9 | 601.0 | 1,394.8 | 793.8 | +476 | 2.0% | 100% | 0.43 : 1.00 | |
| Salt (Table) | | 0 | 0.0 | 0.0 | 0.0 | 0 | 0.0% | 38% | 0 : 0 | |
| Sugar (Brown) | 70 | 77 | 0.0 | 0.0 | 0.0 | -578 | 96.8% | 24% | 0 : 0 | |
| Sugar (Granulated) | 70 | 79 | 0.0 | 0.0 | 0.0 | -591 | 100.0% | 22% | 0 : 0 | |
| Spices Averages | 48 | 28.1 | 323.8 | 306.0 | -17.8 | Bad | 28.9% | 64.3% | 1.06 : 1.00 | |

| Slanker's Grass-Fed Meats | | http://www.texasgrassfedbeef.com/gi_and_omega_3_nutritional goodmeat@slanker.com 866-752-6537 or 866-SLANKER | | | | | food_data.htm | | | |
|----------------------------------|----------------|-----------------------------------------------------------------------------------------------------------------|-----------------------|-----------------------|-------------------------------------------|----------------|---------------|-----------------------|--------------------------|---------------|
| Page 6 | | | | | | | | | | |
| Miscellaneous | Glycemic Index | Glycemic Load in 4 Ozs. | 4 Oz Serv. Omega-6 Mg | 4 Oz Serv. Omega-3 Mg | 4 Oz. Serv. Mg of Omega-3 Surplus/Deficit | Inflammation | | Percent Nutrient Load | Omega-6 to Omega-3 Ratio | |
| | | | | | | + is Good | - is Bad | | Percent Sugars | Omega-3 |
| Bread (White) | 73 | 34 | 1378.9 | 157.6 | -1,221.3 | -225 | 4.0% | 52% | 8.75 | : 1.00 |
| Bread (Whole Grain) | 71 | 22 | 650.9 | 28.4 | -622.5 | -115 | 6.0% | 58% | 22.92 | : 1.00 |
| Cassava | 46 | 22 | 36.3 | 19.3 | -17.0 | -150 | 1.9% | 58% | 1.88 | : 1.00 |
| Cider Vinegar | 5 | 0 | 0.0 | 0.0 | 0.0 | +1 | 0.4% | 46% | 0 | : 0 |
| Cheerios (Gen Mills) | 74 | 49 | 2,131.9 | 100.9 | -2,031.0 | -40 | 4.0% | 100% | 21.13 | : 1.00 |
| Cheese (Blue) | | 2 | 608.2 | 299.0 | -309.2 | -101 | 0.7% | 38% | 2.03 | : 1.00 |
| Cheese (Cheddar) | | 1 | 654.6 | 414.1 | -240.5 | -103 | 0.8% | 40% | 1.58 | : 1.00 |
| Cheese (Cottage) | | 4 | 119.0 | 19.2 | -99.8 | -25 | 2.7% | 34% | 6.20 | : 1.00 |
| Chocolate (baking) | 70 | 0 | 1,629.7 | 132.3 | -1,497.4 | -144 | 0.8% | 62% | 12.32 | : 1.00 |
| Coca Cola | 53 | 2 | 0.0 | 0.0 | 0.0 | -18 | 10.9% | 22% | 0 | : 0 |
| Coffee | 0 | 0 | 1.1 | 0.0 | -1.1 | +1 | 0.0% | 42% | 1.00 | : 0 |
| Corn Flakes | 81 | 69 | 340.2 | 22.7 | -317.5 | -378 | 11.0% | 66% | 14.99 | : 1.00 |
| Corn Syrup | 100 | 50 | 0.0 | 0.0 | 0.0 | -374 | 26.5% | 22% | 0 | : 0 |
| Egg (Christopher) | 0 | 1 | 1,320.0 | 1,320.0 | 0.0 | +13 | 0.8% | 52% | 1.00 | : 1.00 |
| Egg (350 mg Omega-3) | 0 | 1 | 1,320.0 | 700.0 | -620.0 | +13 | 0.8% | 52% | 1.89 | : 1.00 |
| Egg (regular) | 0 | 1 | 1,245.1 | 183.7 | -1,061.4 | -53 | 0.8% | 52% | 6.78 | : 1.00 |
| Ice Creams (vanilla) | 87 | 14 | 311.9 | 201.9 | -110.0 | -135 | 21.0% | 24% | 1.54 | : 1.00 |
| Grape-Nuts Cereal (Post) | 71 | 56 | 917.4 | 70.3 | -847.1 | -270 | 13.0% | 68% | 13.05 | : 1.00 |
| Ketchup (w/sugar) | 55 | 12 | 137.0 | 4.5 | -132.5 | -69 | 22.9% | 52% | 30.44 | : 1.00 |
| Honey | 61 | 57 | 0.0 | 0.0 | 0.0 | -422 | 82.0% | 22% | 0 | : 0 |
| Maple Syrup | 65 | 44 | 113.4 | 0.0 | -113.4 | -318 | 59.6% | 32% | 1.00 | : 0 |
| Margarine, 60% fat | 0 | 0 | 26,998.6 | 3,034.6 | -23,964.0 | -96 | 0.0% | 34% | 8.90 | : 1.00 |
| Margarine, fat-free | 0 | 0 | 426.3 | 52.1 | -374.2 | -25 | 0.0% | 22% | 8.18 | : 1.00 |
| Marshmallows | 62 | 61 | 51.0 | 1.1 | -49.9 | -455 | 58.0% | 22% | 46.36 | : 1.00 |
| Milk (3.25% milkfat) | 27 | 5 | 160.0 | 100.0 | -60.0 | -42 | 5.3% | 36% | 1.60 | : 1.00 |
| Molasses | 55 | 52 | 56.5 | 0.0 | -56.5 | -371 | 55.5% | 48% | 1.00 | : 0 |
| Mushrooms (Enoki, raw) | | 3 | 124.7 | 17.0 | -107.7 | -1 | 0.0% | 84% | 7.34 | : 1.00 |
| Mushrooms (Italian, Crimini raw) | | 3 | 45.4 | 0.0 | -45.4 | +6 | 2.0% | 80% | 1.00 | : 0 |
| Mushrooms (Portabella, raw) | | 3 | 85.1 | 1.1 | -84.0 | -8 | 2.0% | 80% | 77.36 | : 1.00 |
| Mushrooms (Portabella, grilled) | | 3 | 266.8 | 0.0 | -266.8 | -3 | 0.0% | 84% | 1.00 | : 0 |
| Mushrooms (Shiitake, cooked) | | 7 | 41.4 | 4.0 | -37.4 | -11 | 3.4% | 58% | 10.35 | : 1.00 |
| Mushrooms (White, raw) | | 2 | 157.6 | 0.0 | -157.6 | -6 | 2.0% | 90% | 1.00 | : 0 |
| Mushrooms (White, stirfried) | 15 | 2 | 213.7 | 0.0 | -213.7 | -2 | 0.0% | 84% | 1.00 | : 0 |
| Oatmeal (Cooked) | 66 | 7 | 613.5 | 20.4 | -593.1 | -47 | 0.4% | 68% | 30.07 | : 1.00 |
| Shredded Wheat Miniatures | 67 | 51 | 1,518.4 | 69.2 | -1,449.2 | -353 | 0.4% | 74% | 21.94 | : 1.00 |
| Spaghetti, cooked | 41 | 19 | 334.5 | 27.2 | -307.3 | -114 | 0.7% | 56% | 12.30 | : 1.00 |
| Spaghetti, whole-wheat, cooked | 37 | 12 | 230.0 | 11.3 | -218.7 | -66 | 0.7% | 66% | 20.35 | : 1.00 |
| Tapioca, pearl, dry | 56 | 70 | 2.2 | 1.1 | -1.1 | -524 | 3.3% | 38% | 2.00 | : 1.00 |
| Yogurt | 14 | 4 | 18.2 | 7.6 | -10.6 | -36 | 4.5% | 34% | 2.39 | : 1.00 |
| Miscellaneous Averages | 44 | 18.7 | 1,128.4 | 180.6 | -947.8 | Bad | 10.7% | 52.6% | 6.25 | : 1.00 |
| Averages | Glycemic Index | Glycemic Load in 4 Ozs. | 4 Oz Serv. Omega-6 Mg | 4 Oz Serv. Omega-3 Mg | 4 Oz. Serv. Mg of Omega-3 Surplus/Deficit | Inflammation | | Percent Nutrient Load | Omega-6 to Omega-3 Ratio | |
| | | | | | | + is Good | - is Bad | | Percent Sugars | Omega-3 |
| Vegetable Averages | 26.6 | 3.7 | 57.5 | 58.3 | 0.8 | Good | 3.0% | 90.3% | 0.99 | : 1.00 |
| Fruit Averages | 43.5 | 6.5 | 173.5 | 30.2 | -143.2 | Neutral | 11.8% | 63.9% | 5.74 | : 1.00 |
| Grain Averages | 56.3 | 46.8 | 1,382.7 | 82.8 | -1,299.8 | Bad | 1.5% | 62.9% | 16.69 | : 1.00 |
| Legumes Averages | 30.9 | 6.8 | 2,687.3 | 151.2 | -2,536.1 | Neutral | 2.5% | 78.4% | 17.78 | : 1.00 |
| Seed Averages | 16.8 | 5.6 | 18,075.1 | 5,054.8 | -13,020.3 | Neutral | 2.5% | 69.0% | 3.58 | : 1.00 |
| Nut Averages | 11.6 | 11.4 | 15,751.5 | 960.2 | -14,791.3 | Good | 4.6% | 49.6% | 16.41 | : 1.00 |
| Oil Averages | 0.0 | 0.0 | 23,069.3 | 11,500.2 | -11,569.1 | Neutral | 0.0% | 25.2% | 2.01 | : 1.00 |
| Miscellaneous Averages | 44.1 | 18.7 | 1,128.4 | 180.6 | -947.8 | Bad | 10.7% | 52.6% | 6.25 | : 1.00 |
| Spices Averages | 47.5 | 28.1 | 323.8 | 306.0 | -17.8 | Bad | 28.9% | 64.3% | 1.06 | : 1.00 |